

301-656-2797

VOLUME 19, NO. 6



It's that time of year again!

Join us for a "spectacular" day in New York City when we travel north to see the Radio City Christmas Spectacular on **Monday, Dec. 6**.

NOVEMBER 2004

This magical show is one of America's grandest traditions and will certainly put you in the holiday spirit. It stars the world's most famous precision dance troupe, the Radio City Rockettes, who dazzle audiences with their eye-high kicks in routines like "White Christmas in New York," "Santa's Workshop", and the show stopping "Parade of the Wooden Soldiers." The majestic



Living Nativity, "The Nutcracker Suite" with dancing teddy bears, and Santa's exciting 3-D sleigh ride are just a few more of the thrilling scenes.

We will leave the Village Center at 7:30 a.m. and arrive in New York in plenty of time to have lunch (ask us for restaurant suggestions) and

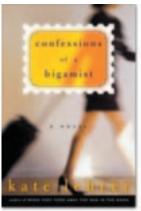
admire the decorated Christmas tree in Rockefeller Center. We'll leave immediately after the show and stop for a fast food dinner on the way home (lunch and dinner are on your own). We should return home by 9 p.m.

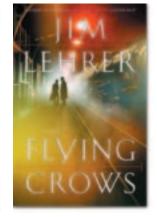
The cost of the trip is \$139, which includes a ticket in the first mezzanine (there is an elevator), transportation, and all gratuities. Children over the age of five are welcome, accompanied by a parent or grandparent. Residents may sign up immediately; nonresidents may sign up Nov. 15. There are 23 tickets available.

Jim and Kate Lehrer to speak at the Center

PBS anchor Jim Lehrer and author Kate Lehrer will discuss their latest novels at the Village Center on **Thursday**, **Dec. 2**, **at 7:30 p.m.**

Although Jim Lehrer is best known as the award-winning executive editor and anchor of *The News Hour with Jim Lehrer*, he has steadily established a solid reputation as a novelist. *Flying Crows* is his 14th novel and *The Washington Post* writes that it is "full of scenes and images that will stay with you long after you've finished reading." It is the story of two men who were in-





mates at the Missouri State Hospital for the Insane. The Post review recounts that Mr. Lehrer's research into the history is impressive and

the descriptions of the mental institute haunting.

Confessions of a Bigamist by Kate Lehrer is the whimsical story of a woman leading a dual life. In addition to her novels, Mrs. Lehrer writes short stories, essays and book reviews and also participates in the Diane Rehm Book Club on National Public Radio.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the books, provided by Politics and Prose

Bookstore, will be available for sale.

CHILDREN'S PROGRAMS

Saturday Storytime

Children of all ages, but especially those 2 to 10, will enjoy an afternoon storytime with noted storyteller Ellouise Schoettler, on **Saturday**, **Nov. 20 from 1:30 to 2 p.m.** at the Village Center. Animals will be the focus of the stories told by Ellouise, a storyteller and fiber artist who also works locally with the Audubon Society. Children must be accompanied by a parent or guardian. Attendance is limited and registration is required. After storytime, visit our craft fair for great holiday gifts and ideas. Sign up at the Village Center. For more information, call the Village Center at 301-656-2797.



'The Nutcracker'— Just for children

Take part in a holiday tradition when "The Nutcracker" appears at Old Town Alexandria's Athenaeum. This 40-minute production is designed especially with children, and their shortened attention spans, in mind. We've got a limited number of tickets for the **Saturday, Dec. 11, 1:30 p.m.** performance. Tickets are \$10 for children; \$15 for adults. Sign up at the Village Center. Transportation is on your own. The Athenaeum is located at 201 Prince Street in Old Town Alexandria. You may choose to drive yourself or take the Metro— a shuttle runs from the King Street Metro station every 15 minutes.



www.erols.com/friendshiphtsvillage

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the December issue is November 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

FOUNDER
Martin Kuhn

EDITORIAL STAFF

Melanie Rose White Volunteer Editor

Jennie Fogarty Staff Writer **Anne Hughes O'Neil** Staff Writer, Advertising

Susan C. ZarrielloPage Design/Layout

FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White Mayor

Frank Valeo

Chairman

Maurice Trebach Vice Chairman

Elizabeth Demetra Harris

Secretary

VILLAGE MANAGER

Julian P. Mansfield

Alvan M. Morris Treasurer

Robert M. Schwarzbart Parliamentarian

Leonard E. Mudd Historian

DR. MICHAEL L. GITTLESON



The Barlow Building
5454 Wisconsin Ave., Suite 640
Chevy Chase, MD 20815
(301) 986-4900

Medicine and Surgery of the Foot



Lady Elizabeth HAIR DESIGN

4601 N. PARK AVE. CHEVY CHASE, MD (301) 652-7767

HOURS
DAILY TIL 6, THURS. TIL 9
SUN. 9-4

Longwood Gardens and lunch at Simon Pearce

See beautiful Longwood Gardens all dressed up for the holidays when we travel to Pennsylvania's Brandywine Valley on **Wednesday**, **Dec. 1**. Before our visit to Longwood Gardens, we'll enjoy a delicious lunch at the Simon Pearce Restaurant on the Brandywine, one of the most picturesque settings on the Brandywine River. Simon Pearce is known for exquisite glassware, pottery and fine linens. Our lunch menu begins with Vermont Cheddar Soup, then choose between potato-crusted salmon or a pumpkin ravioli as an entrée. For dessert, we'll have a warm pecan tart with butter pecan ice cream. Coffee, tea and iced tea are also included. Following

lunch, we'll tour Simon Pearce to see glassblowers in action.

Next, we're off to see Longwood Gardens, one of the Brandywine



Valley's botanical treasures. Here, thousands of poinsettias are accented with amaryllis, narcissi, begonias, lilies, tulips, and many other flowers. Longwood's signature tree has moved front and center to the Exhibition Hall. This regal giant revolves over a 65-foot pool that reflects a multitude of rich, red ornaments sparkling in the branches. More horicultural finery, including swags of exotic plants, living wreaths and decorated trees festoon three acres of greenhouses.

We'll depart from the Village Center at 9 a.m. and should return by 7:30 p.m. The cost of the trip, which includes transportation, lunch, tour of Simon Pearce, admission to Longwood Gardens, and all taxes and gratuities, is \$76. Sign ups for residents begin immediately. Nonresidents may sign up beginning Nov. 8.

ehmet has over 21+ years real estate experience in the Washington Metropolitan Area, he is a resident in the center of Friendship Heights at 4620 North Park Avenue, his care and concern for the real estate value of your neighborhood and his, makes his neighborhood knowledge a tremendous asset to those at Friendship Heights.

ive Mehmet a call if you are considering buying or selling and allow him to get you TOP DOLLAR in this booming market today.





Mehmet "Matt" Halici

Associate Broker Top 1% Nationwide www.mhalici.com • mhalici@aol.com

202.431.1991 • 301.656.2500

'June is Bustin' Out' in December

The most poetic and lyrical of all Rodgers and Hammerstein musicals is "Carousel" and it is easy to understand why it was the creators' personal favorite. Join us for a day in the country on **Thursday, Dec. 16**, when we journey out to Olney for lunch and a matinee.

We will start with lunch at the lovely Inn at Brookeville Farms. Choose (when you sign up) an entrée: grilled sirloin steak sandwich with mush-room-thyme saute, hickory smoked chicken breast on an Asiago roll, or roasted red pepper and goat cheese pizza. First course will be a mixed green salad and dessert will be a frozen chocolate bourbon souffle.

Following lunch, we'll drive a short distance to the Olney Theatre to enjoy the matinee performance of "Carousel," the story of Billy Bigelow, a traveling carnival man, and Julie Jordan, a local factory worker. Desperate for money after learning that he is soon to become a father, Billy is killed during an attempted robbery. Several years later, when he is allowed to return to earth for a short time, he seeks out his daughter. Featuring classics like "If I Loved You," "June is Bustin' Out All Over," and the inspirational "You'll Never Walk Alone," "Carousel" was considered by both composer and lyricist to be their best work.

continued on page 14

The American Indian Museum and tea at the Jefferson

Fifteen years after being authorized by Congress, the National Museum of the American Indian has finally opened. Join us for



a Thanksgiving week visit on

Tuesday, Nov. 23.

Washington's newest museum is a striking addition to the National Mall. The curved structure is clad in Kasota limestone, reminiscent of western buttes. The landscaping suggests wetlands, forest, meadow-

continued on page 16



Award Winning Team Condo Specialists

Linda & Jay live in Friendship Heights,
Specialize in Friendship Heights,
And sell in Friendship Heights.
If you are buying or selling

Call the top team in Friendship Heights.



L d

301 656-6334 RLEST8@aol.com





You deserve it—a winter weekend at the Greenbrier

What could be better than two luxurious days at this historic resort? How about two luxurious days at a reduced rate? Take advantage of lower winter rates and pamper yourself at the



lavish Greenbrier in White Sulphur Springs, West Virginia on **Friday, Feb. 25 and Saturday, Feb. 26**.

The "Jewel of the South" is a five-star resort that boasts elegant dining (coat and tie for gentlemen, please), a spa (soak in the famous mineral waters) and fitness center, indoor swimming and tennis, carriage rides (weather permitting), nightly movies in the hotel theater, daily tours of the resort and slide shows of the underground bunker led by a historian, fabulous shops, and afternoon tea that has been a beautiful tradition since the 1930s.

We will depart from the Village Center Friday at 8 a.m. and return late Sunday afternoon. The cost of the trip, which includes two nights at the Greenbrier, two breakfasts and two dinners, two afternoon teas, the use of the fitness center, swimming pool and tennis courts, movies and slide show if desired, transportation and all gratuities is \$720; (the single supplement is \$75). Lunch on Saturday (in the hotel café) and while traveling Friday and Sunday are "on your own." The spa, carriage rides, and shopping 'til you drop are extra. There are 30 spaces available. Because reservations need to be made before the holidays, this trip is open to residents and nonresidents immediately and the **deadline for a \$200 deposit is Tuesday, Nov. 30.** The deposit is nonrefundable unless the trip is canceled by the Center. The balance is due Dec. 30. Be sure to ask us about trip insurance.

Capitol Hill and La Colline

A few seats remain for our trip to the Folger Shakespeare Library, the Sewall-Belmont House, and lunch at La Colline, one of Washington's best French restaurants. We'll see the Folger Theatre, a reproduction of an Elizabethan "inn-yard" theater and, weather permitting, the garden. A brand new exhibit at the Folger is "The Culture of Letter-Writing in Early Modern England."

Next, we will drive to the Sewall-Belmont House, one of the oldest homes on Capitol Hill and the headquarters of the National Women's Party since 1929.

Following our tours, we will enjoy an elegant meal at La Colline. Please choose (when you sign up): lobster bisque or salad of baby mixed greens as appetizer; grilled Shenandoah river trout or breast of chicken sauteed with madeira and sliced mushrooms as entree; and, trio of sorbets served on meringue or profiterolles for dessert. Please let us know if you would prefer a vegetarian entree.

We will depart from the Village Center at 10:15 a.m. and return around 3 p.m. The cost of the trip is \$56, which includes tours, transportation, lunch and all tax and gratuities.



Chevy Chase Audiology Associates

Specializing In "Advanced Digital Hearing Aids"

- Certified, Licensed Audiologist
- Medicare & BlueCross Accepted
- Small Dual Microphone Digital hearing Aids
- Service~Repair~Batteries for all makes & models

"We Take The Time To Make Sure You're Hearing Right"

Nehama Pluznik



High Definition Hearing™ by Widex

Fitting hearing aids by Widex and other leading companies

30 DAY TRIAL PERIOD

5530 Wisconsin Ave. · Suite 1540 · Chevy Chase, MD (2 blocks from Friendship Heights Metro Station)

(301) 907-0002

WILLS, ESTATES and TAXES

Attend Part Two of Our Continuing Free Seminar Series to Learn:

Advanced Estate Planning Techniques and Year-End Income Tax Tips

Free Seminar Date and Times:

Tuesday, December 7, 2004

10:00 a.m. to 12:00 p.m.

or

1:00 p.m. to 3:00 p.m.

Refreshments Served

Location: Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815

Presented by:

The Law Offices of Binstock, Torchinsky and Associates, P.C. The Barlow Building 5454 Wisconsin Avenue, Suite 1340 Chevy Chase, Maryland 20815

Featured Speakers: Shelton M. Binstock, Attorney and CPA David B. Torchinsky, Attorney and CPA

Professionals with more than fifty years combined experience in estate planning and tax-saving strategies

> Visit our website at www.binstocktorchinsky.com

- Top ten ways to reduce your income taxes
- Freeze your estate and shift future growth to younger family members
- Totally avoid capital gains taxes
- How to shrink your estate for tax purposes
- How to eliminate all estate taxes
- Using your residence as a great tax planning device
- How a family limited partnership can help
- Post-mortem planning tips

Seating is Limited
Reserve Your Space Today
Reservations are Required by
December 1, 2004

For Reservations

Please Call 301-657-5555

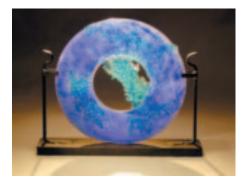
FRIENDSHIP GALLERY

An "inspiring" exhibit of glass art

The National Capital Art Glass Guild will exhibit their artworks at the Friendship Gallery for the month of November in a show entitled "Inspirations." Artists will show work produced using various glass techniques including stained glass, fusing, sandblasting, kiln casting and glass blowing. In addition the artists will share the inspiration for their work in words or pictures.

The National Capital Art Glass Guild, founded in the late 1970s and composed of 190 members, provides a forum for exchanging ideas and experiences and promoting all aspects of glass as an art and craft form.

The show runs from Nov. 2 to 29. All are invited to meet the artists at a reception on **Sunday**, **Nov. 14**, **from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art work in the auditorium is occasionally not available for viewing because of certain activities in that room. Please check with the front desk receptionist when you arrive.



"Ocean Circle" by Viki Keating



"Neptune's Geometry" by Cheryl Sattler



Please accept our apologies.

Due to lack of demand, our weekly shuttle bus service from The Village of Friendship Heights to Tower Oaks Lodge has been discontinued effective November 1. We apologize for any inconvenience and look forward to serving you at Clyde's of Chevy Chase when it reopens in late spring 2005.



Tower Oaks Lodge 2 Preserve Parkway Rockville, Maryland 20852 (301) 294-0200 www.clydes.com PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.
PARTICIPANTS MUST PAY FOR THE FULL SERIES. NO REFUNDS AFTER CLASS BEGINS.

NEW CLASSES

INTRODUCTION TO PASTEL

A 6-week session begins Nov. 3. Meets Wednesdays from 6:30 to 8:30 p.m. This class is suitable for beginners as well as more experienced students. Some basic drawing skills helpful but not required. Students will learn to achieve the brilliant and atmospheric effects of the medium of pastel. Instructor will demonstrate the principles of mark making, color layering and blending unique to this medium. Students may work in chalk or oil pastel but chalk pastel is recommended as it is more manageable and forgiving. A supply list will be sent to students prior to the first class. Instructor Tamora Ilasat is a printmaker who has been drawing and painting for over 20 years. The cost is \$60. Session ends Dec. 15 (no class on Nov. 24).

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class is taught by Marianne Winter and begins Nov. 3. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Ms. Winter is an award-winning artist and photographer. Please bring a pad and pencil or pastel to the first class. The cost is \$60. (Maximum number of students is 10).

STRENGTH TRAINING (Monday)

A certified athletic trainer from NRH Regional Rehab in the Chevy Chase building leads a strength and conditioning class for seniors. This 5-week session begins Nov. 8. Meets Mondays at 11:30 a.m. Cost is \$25. Please register by phone at 301-986-4745. Session ends December 6.

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREEN-ING/SUBURBAN NURSE

A Suburban Hospital nurse is on hand to offer free blood pressure screenings Tuesdays from 1 to 2:45 p.m. only. The nurse is also available for consultations Tuesdays from 3 to 5 p.m.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 to noon. Led by group members.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Meets on the second and fourth Wednesdays of each month. Call 301-590-2819 for an appointment; walk-ins are welcome.

RSVP KNITTERS

Meets the last Tuesday in alternate months to knit, crochet and sew items to donate to the needy. Donations of washable, acrylic yarn to the Village knitters are always welcome and appreciated. Contact Donna Dahlgren at 240-777-2611 for more information.

SCRABBLE

This active group of Scrabble players meets at the Center every Thursday, beginning at 6:30 p.m. All are welcome.

TEA TIME

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers. There is no cost.

VILLAGE PLAY TIME

Children of all ages are welcome to be together at the Village Center most Thursdays from 11 a.m. to 4 p.m. Games, toys and play equipment will be set out in the auditorium for their enjoyment. Children must be accompanied by a caregiver, friend or family member over age 13.

VISION TRANSITIONS

Low vision doesn't have to mean "no vision." These free monthly meetings offer education and support for people with vision problems. Sponsored by the Prevention of Blindness Society, Vision Transitions meets one Wednesday a month at the Village Center and features talks by guest speakers. To register, call 301-656-2797. For more information about



Vision Transitions, call 202-234-1010 or visit www.youreyes.org.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis, 301-718-6340, or Margarita Babb, 301-656-8684, for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

Drop-in yoga open to all

On **Sunday, Dec. 5, at 9 a.m.**, instructor Robin Dinerman will conduct a drop-in



yoga class. Everyone is invited to attend. Wear loose clothing, bring a blanket or large towel, and mat. Don't eat for 2 hours before class. Donations for the B-CC Rescue Squad will be accepted in lieu of payment. This is an excellent way to do something good for yourself and the community at the same time!

American studies series continues

Rosa Weinstein's series entitled "American Culture over the Centuries" continues this month with "The Culture in Quilts" on **Tuesday**, **Nov. 16**, **at 1:45 p.m** and "The Gilded Age" on **Tuesday**, **Nov. 30**, **at 1:45 p.m**. The sessions look at American culture at different times in our history. Lectures are one hour and 15 minutes. There is no fee, but registration is required. Please call the Center at 301-656-2797.

NANCY MELLON REALTY

has been unlocking doors in Friendship Heights for over 20 years...



If you are buying or selling your home, you want the best. So call the first "Friendship Team" located in the center of Friendship Heights in the Willoughby.

4500 N. Park Avenue Suite 804N 301-951-0668

Friendship Heights Village Center



$\begin{array}{c} \text{Calendar} \\ \text{of Events} \end{array} 2004$

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	8:15 a.m.: Walking Club Election Day All classes canceled	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 6:30 p.m.: Introduction to Pastel 7:30 p.m.: Concert: Barrie Goodman Trio	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Book Signing with Evelyn Porreca Vuko	10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Clu 9 a.m. – 1 p.m.: Twin Springs
a.m.: Yoga :30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1 p.m.: Red Hat Society meeting 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	9 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 9:45 a.m.: Walters Trip 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance 1 p.m.: Suburban Lecture: "Joint Replacement" 1 p.m.: Portraiture 6:30 p.m.: Intro to Pastel 7:30 p.m.: Concert: Barbara Martin	8:15 a.m.: Walking Club 11 a.m.: Still Life Painting VETERAN'S DAY Center Open 9 a.m. – 2 p.m.	10:30 a.m.: Coffee and Current Events 12:15 p.m.: Sunrise Special Lunch 1 p.m.: Special Concert with Sheila Grimes	8:15 a.m.: Walking Clu 9 a.m 1 p.m.: Twin Springs
:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 1:30 a.m. – 1:30 p.m.: Art Reception	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 1:30 p.m.: Active for Life Reunion 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening 1:45 p.m.: "The Culture in Quilts" 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture 1:30 p.m.: Vision Transitions 6:30 p.m.: Introduction to Pastel 7:30 p.m.: Concert: Susan Jones Jazz Quartet	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 10:15 a.m.: Depart for Folger 11 a.m.: Bones for Life 11 a.m.: Still Life Painting 6 p.m.: Dance N' Tone 6:30 p.m.: Scrabble 7 p.m.: Bones for Life 7:30 p.m.: Café Muse	10:30 a.m.: Coffee and Current Events	8:15 a.m.: Walking Clu 9 a.m 1 p.m.: Twin Springs 12 - 5 p.m.: Holiday Craft Fair 1:30 p.m.: Children's Storytelling
a.m.: Yoga :30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit-4-Ever 10: a.m 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga 8 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING	8:15 a.m.: Walking Club 12:15 p.m.: Depart for Museum of American Indian 1 – 2:45 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 3 – 5 p.m.: Suburban Nurse Specialist 6 p.m.: Dance N' Tone 7 p.m.: Mat Pilates	9:15 a.m.: Fit-4-Ever 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Health Insurance Counseling 1 p.m.: Portraiture in Pencil and Pastel 7:30 p.m.: Concert: Kristen Jepperson	Happy Thanksgiving! Center Closed	26 10:30 a.m.: Coffee and Current Events Center Open 9 a.m. – 2 p.m.	8:15 a.m.: Walking Clu
30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	9:15 a.m.: Fit-4-Ever 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 – 2:45 p.m.: Blood Pressure Screening				

Shuttle bus hours



Pressure Screening

1:45 p.m.: "The Gilded

Age"

3 – 4 p.m.: Tea

3 – 5 p.m.: Suburban

7 p.m.: Mat Pilates

Nurse Specialist 6 p.m.: Dance N' Tone

Monday through Friday Saturday and Sunday 6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Village Center Hours

11:30 a.m.: Strength

7:30 p.m.: Book Signing

with John McCaslin

Training

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m.

Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

THIS MONTH'S SPECIAL LUNCH AND PROGRAM

it be posted.

November's special lunch, prepared by Sunrise Brighton Gardens, will be held on **Friday, Nov. 12, at 12:15 p.m.** The menu will be turkey with stuffing, creamed peas, mashed potatoes, green salad, and white sheet cake for dessert. The cost is \$6, which must be paid when you make your reservation. Please reserve your seat by Wednesday, Nov. 10.

Please note that this month's Village Council meeting will

be held **Monday, Nov. 22 at 8 p.m.**. The agenda for the

Village the week before the meeting with the request that

meeting is sent to the manager of each building in the

After lunch, please stay to enjoy a special concert performed by Sheila Grimes **at 1 p.m.** Mrs. Grimes studied at the Paris Conservatory of Music and the Academy of Music of Scotland. She completed her chamber music training at the Royal Conservatory of Music in Brussels. She is the pianist and director of Les Amis de Mozart.

CONCERTS

Concerts are performed Wednesdays, from 7:30 to 8:30 p.m., in Huntley Hall. Before entering the auditorium, please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering.

Wednesday, Nov. 3 — Barrie Goodman Trio. Jazz instrumentalist and entertainer, Barrie Goodman and cabaret singer, actress, and entertainer Patsy Grady Abrams team up to offer a mix of songs and nostalgia from years gone by. Drawing from the great American songwriters and jazz composers, the trio entertains with many of the great standards from the '20s to the '50s. The program also includes tunes from "Tin Pan Alley," popular songs from World War I and II, Broadway show tunes, some jazz, ragtime and the blues.

Wednesday, Nov. 10 — Barbara Martin. An evening with Barbara Martin crosses many genres—classic blues of the '20s, early jazz of the '30s, and "slice of life" songs that ring with truth, wit and experience.

In Boston, Barbara earned a master's degree in music theory and later moved to the Shenandoah Valley, where she explored the blues and country roots of American music. She has studied or performed with such classic greats as Bessie Smith, Sippie Wallace and Patsy Cline.

Wednesday, Nov. 17 — Susan Jones Jazz Quartet.

Friendship Heights audiences will recognize Susan Jones from her work with Mariachis de los Compadres and Machaya Klezmer. This time, Susan brings her jazz group to the Village Center for an evening of jazz.

Wednesday, Nov. 24 — Kristen Jepperson. Harpist and vocalist who has toured nationally and has appeared locally in concerts as well as theater productions. Once of the most in-demand performers in the Washington area.

Sounds of the Season

Celebrate the holidays with an afternoon concert by the Grace Methodist Church Youth Orchestra on **Saturday**, **Dec. 4**, **from 12:30 to 1:30 p.m.** at the Village Center. The performance is free, but please call the Village Center at 301-656-2797 if you plan to attend.



Announcing a brand new Sprint store in your neighborhood!

Located at 4461 Willard Avenue in Chevy Chase, next door to Panera Bread. Bring this card and get a **\$50.00** credit when you activate a new line of service! **(301) 951-8444**

Limited time offer. Restrictions apply. See store for details.



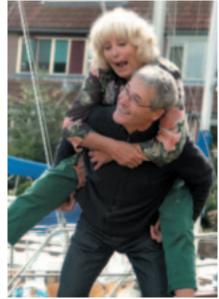
4461 Willard Avenue (near Panera bread) Chevy Chase, Maryland (301) 951-8444



TO YOUR HEALTH

What's the latest with joint replacement surgery?

Meet members of the Suburban Hospital joint replacement team and learn about returning to an active lifestyle after joint replacement surgery at this month's Suburban Health lecture on **Wednesday, Nov. 10, at 1 p.m.** Arthritis and injuries cause millions of Americans to suffer joint pain, especially in the knees, hips and shoulders. This lecture will help identify ways to deal with the associated pain, swelling and stiffness. Team members will also discuss some new techniques and minimally invasive



surgery that are now available to treat these conditions.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

November's Vision Transitions

The title of this month's Vision Transitions discussion, on **Wednesday, Nov. 17, at 1:30 p.m.**, is "New Roads to Independence." The speaker is Nina Glasner, MSW, a well-known vision rehabilitation counselor and teacher.

Vision Transitions offers free monthly education and support for people with vision problems and is sponsored by the Prevention of Blindness Society.

To register, call the Center at 301-656-2797. For more information about Vision Transitions, call 202-234-1010 or visit www.youreyes.org. Refreshments will be served. All are welcome.





Estate Planning and Tax Center

Law Offices of Binstock, Torchinsky and Associates, P.C.

The Barlow Building 5454 Wisconsin Avenue, Suite 1340 Chevy Chase, MD 20815 301-657-5555

Creative Strategies for Preserving Your Wealth

Wills, Trusts, Probate, Charitable Planning, Tax Matters 50 years of combined experience

Each partner is a Lawyer and CPA

Complimentary Consultation for Our Friendship Heights Neighbors

Visit our website at www.binstocktorchinsky.com

AUTHORS PAGE

Award-winning columnist to speak at Center

One of Washington's favorite story tellers, John McCaslin is a former news anchor, UPI correspondent, member of the White House Press Corps, and, for over a decade, award-winning columnist for *The Washington Times*. He will discuss his book, *Inside the Beltway: Offbeat Stories, Scoops, and Shenanigans from Around the Nation's Capital,* at the Village Center on **Monday, Nov. 29, at 7:30 p.m.** In his book Mr. McCaslin presents little-known political tidbits with humor and an insider's details.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

Carousel, continued from page 4

We will leave the Village Center at 11:15 a.m. and return by 5:30 p.m. The cost is \$79, which includes lunch, a discounted seat in the Orchestra, transportation, and all gratuities. Residents may sign up immediately; nonresidents may sign up Nov. 15. **Deadline to sign up is Wednesday, Nov. 24.** There are 29 tickets available.

Teacher says...

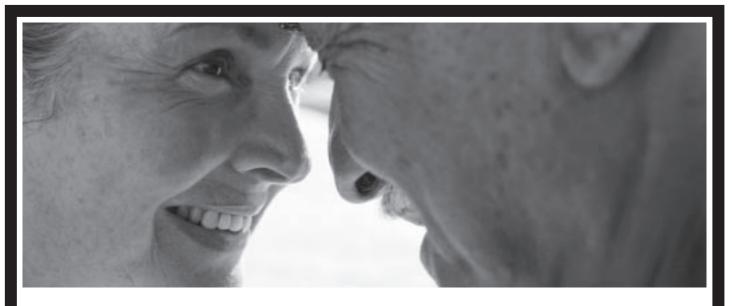
Evelyn Porreca Vuko, *Washington Post* education columnist, will
discuss her book, *Teacher Says*: 30 *Foolproof Ways to Help Kids thrive in School*, at the Village Center on

Thursday, Nov. 4, at 7:30 p.m.

Since 1995, her column "Teacher Says" in the *Style* section of the *Washington Post* has made education accessible for adults and entertaining for kids. She also holds weekly live online discussions on *the Washington Post* website.

Please sign up in advance, as seating will be limited. Call the Village Center at 301-656-2797 to register. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.





How to choose a senior community. Start with choices.

At Sunrise, we celebrate all of our residents for the unique individuals they are. We believe no two people are alike, so the care and services we provide should never be exactly the same.

This approach helps seniors live the lives they want to live, from beautifully appointed living spaces to personalized assistance and care. We call it resident-centered senior living, and it begins the day a senior arrives at Brighton Gardens at Friendship Heights.

Visit or call Sunrise, and discover how we're different. In Chevy Chase, we offer Assisted Living and Alzheimer's Care.

Call today to reserve a one-bedroom Canterbury Suite starting at \$130 a day*





* Limited time offer based on availability. Offer applies to select suites only and is subject to change without notice. Other restrictions may apply.

A SUNRISE SENIOR LIVING COMMUNITY



Brighton Gardens at Friendship Heights

301-656-1900

Assisted Living, Alzheimer's Care

5555 Friendship Boulevard, Chevy Chase, MD 20815 • www.sunriseseniorliving.com

Commuting Solutions



Montgomery County Commuter Services can show employers and employees how to beat the traffic, save time, and reduce expenses - all while being kind to the environment.



Our Services Are Free!

301-770-POOL (7665)

www.montgomerycountymd.gov/commute

Montgomery County Commuter Services

8401 Colesville Rd., Suite 150 Silver Spring, MD 20910



Feeling blue?

A mental health professional will be at the Village Center on **Wednesday**, **Dec. 15**, **at 1 p.m.**, for a discussion about depression and free depression screenings for anyone over the age of 60.

Donna Chavers, a social worker with 30 years of experience in the field of aging and director of senior services at the Affiliated Santé Group, will lead an interactive discussion about the symptoms of depression and ways to overcome it at 1 p.m. Beginning at 2 p.m., she will privately screen individuals using an assessment tool that involves answering about ten simple questions and will take from five to thirty minutes per person.

The Santé Group is a family of Maryland-based companies dedicated to providing mental health treatment, rehabilitation, and support to individuals and families.

Appointments are not necessary for the screenings. Registration is requested, but not required. Comfort food will be served.

Red Hatters on the go

The next meeting of the Friendship Heights Red Hat Society will be **Monday**, **Nov. 8**, **at 1 p.m.** at the Village Center.

Planned activities for this month are a tour of the Claude Hirst exhibit at the Museum of Women in the Arts on Nov. 1, a trip to see a production at the Gala Hispanic Theater on Nov. 14, and waltzing at the Glen Echo tea dance on Nov. 21. For details on these trips please call Elly Baldinger at 301-652-3594.

The American Indian Museum,

continued from page 4

lands and traditional crops. Inside, the exhibits present the history, art and culture of Native Americans. The museum houses 800,000 works that span 10,000 years, making this one of the largest and most diverse collections of Indian art in the world.

We will take a self-guided tour of the museum and leave plenty of time for exploring the magnificent gift shops. After leaving the museum, we will stop at the elegant Jefferson Hotel to enjoy a full tea of scones, sandwiches and fruit tarts. The dining room in this historic hotel is a favorite of politicos and movie stars—maybe we'll have a glimpse of one!

We will leave the Village Center at 12:15 p.m. and return before 5:30 p.m. The cost of the trip is \$49, which includes transportation, tea, and all gratuities. Residents may sign up immediately; nonresidents may sign up Nov. 8. There are 29 spaces available.

Cafe Muse presents...

This month's Café Muse, on **Thursday, Nov. 18, at 7:30 p.m.,** presents poets Jody Bolz and Gary Stein.

Jody Bolz has published poems in *Ploughshares, Indiana Review, River Styx, Gargoyle, The Women's Review of Books,* and *Sonora Review,* as well as in a number of anthologies. Ms. Bolz is an executive editor of the journal *Poet Lore.*

Gary Stein 's poems have appeared in *Poetry, Prairie Schoo-*

ner, The Journal of the American Medical Association, The Antietam Review, Folio, Gargoyle, and other journals and anthologies. One of his poems, "Remembering the Rabbits," was nominated for a Pushcart Prize. He co-edited Cabin Fever, a poetry anthology, and currently serves as Book Review Editor for Poet Lore.

Guitar selections performed by Michael Davis are presented each month at 7 p.m. Attending poets

are invited to participate in an open reading that concludes the Café Muse program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 25 years. The evening is free, but please call the Village Center at 301-656-2797 to let us know you are coming.

Don't let the details rain on your settlement.

If you find the thought of applying for a home mortgage unsettling, talk with us at The National Capital Bank.

We'll help you choose the right mortgage by explaining the benefits of each type of loan in simple language. You'll find competitive rates that make monthly payments more manageable, and you will be surprised at how fast and friendly the application process can be. What isn't surprising is that you can find all this at your local, family managed hometown Bank.

Whether you're looking to make a move or you're a real estate agent looking to serve your clients even better, call or stop by The National Capital Bank today. We'll help you weather the mortgage loan application process.



316 Pennsylvania Avenue, SE, Washington, DC 20005 • 202-546-8000 5228 44th Street, NW, Washington, DC 20015 • 202-966-2688 www.NationalCapitalBank.com • TDD 202-546-0772







Pumpkin Patch Kids













DO YOU KNOW just how much your condo has APPRECIATED?

With over 14 years of real estate experience, I am your BEST CHOICE when buying or selling in Friendship Heights

Call me today for a FREE home market analysis!



Steven R. Katchman











Dog's Day Out

More than a dozen dogs turned out for "Dog's Day Out," a community dog show in Hubert Humphrey Park in October. The pets and their owners enjoyed games, tricks for treats, and a little friendly competition. Awards were given to the prettiest, scruffiest. and most personable dog. There was also a contest for the dog who most resembled his/ her owner. Photos on pages 18 and 19 by Joel Williams.





Find Unique Gifts at our 'Holiday Affair' artisan fair

Our annual "Holiday Affair" returns to the Village Center on **Saturday, Nov. 20, from 12 p.m. to 5 p.m.,** with terrific gifts for your family, friends, and even pets. This seasonal event will feature the works of local artists and artisans. No ordinary craft show, "A Holiday Affair" will offer something for everyone, and for every budget. You'll find pottery, purses, textiles, jewelry, paintings, baskets and more. Admission is free.

From 1:30 to 2 p.m., children, ages 2 to 10, can listen to story-teller Ellouise Schoettler weave tales about animals and such. Unique gifts abound, so mark your calendars for a great shopping opportunity right here in Friendship Heights.





Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815

Check out our website:

www.erols.com/friendshiphtsvillage **e-mail:** friendshiphtsvillage@erols.com

phone: 301-656-2797

November 2004 events calendar